

Asparagus Gratin

Ingredients:

- 1 large shallot, finely chopped
- 2 tablespoons olive oil
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- 2 slices white bread
- 2 lbs asparagus, trimmed
- 3/4 teaspoon salt
- 1/4 cup grated parmesan cheese
- 1 tablespoon chopped parsley
- 1 tablespoon lemon juice
- lemon wedges (optional)
- Preheat oven to 400°F.



Directions:

In 1-quart saucepan, cook shallot in 2 tablespoons olive oil over medium-low heat until golden, about 6 minutes. Remove saucepan from heat; cool slightly. Tear bread into small crumbs. Spread crumbs on jelly-roll pan and bake 3 to 6 minutes until golden.

In 12-inch skillet, heat 1 inch water to boiling over high heat. Add asparagus and 1/2 teaspoon salt; heat to boiling. Reduce heat to medium-low and simmer, uncovered, 5 to 10 minutes until asparagus spears are tender; drain.

Place asparagus in shallow, broiler-safe dish; drizzle with 2 teaspoons olive oil. Preheat broiler if manufacturer directs.

In medium bowl, toss bread crumbs with Parmesan cheese, parsley, lemon juice, shallot mixture, and 1/4 teaspoon salt. Sprinkle bread-crumbs mixture over asparagus. Place dish in broiler 5 inches from source of heat; broil about 3 minutes or until lightly browned. Transfer to platter to serve, if you like. Serve with lemon wedges.

Prep time: 25 minutes 10 mins.

Serves 6-8

Nutrients per Serving:

Calories 129

Total Fat 7.8g

Saturated Fat 1.7g

Polyunsat. Fat 1.0g

Monounsat. Fat 4.8g

Trans Fat 0.0g

Cholesterol 3mg

Sodium 433mg

Potassium 370mg

Total Carbohydrate 11.4g

Dietary Fiber 3.3g

Sugars 2.4g

Protein 6.0g

Recipe from: www.recipezaar.com/162659

WOW TIP: Reduce sodium content by decreasing salt to 1/4 tsp. Increase nutrient and fiber content by substituting whole wheat bread for white bread.